





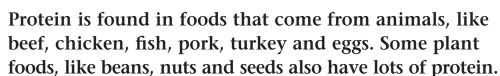
Knowledge Improving Diet and Strength



There are thousands of different foods, so it can be hard to figure out what you need to eat to stay healthy! Lucky for us, most foods can be divided into 4 kinds: Carbohydrates, Fruits and Vegetables, Milk and Dairy, and Protein. Each issue of Healthy K.I.D.S. talks about a different food group, so look out for the other issues!

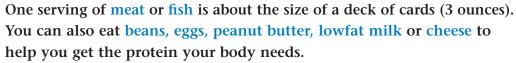


Protein Power











Protein makes up the building blocks of your body!

It has a big job to do — building and fixing skin, muscles and organs. You need to eat food with lots of protein to help your body get the job done.



Protein foods have another great thing going for them! Most protein foods have lots of iron. Iron helps your blood to carry oxygen to your whole body. If you don't get enough iron, you may feel tired and weak, get headaches or have a harder time learning in school.



★ Liquid Lookout ★

Water Works

Over half of your body is made up of water!

Just like a plant, you need plenty of water to stay alive. You may not know it, but your body uses water to do almost everything—

like eating, breathing and moving your arms and legs—even your blood is based on water! It's important to drink lots of water every day to refill all the water you use!

you know
your brain is 75-80%
water? Drinking
lots of water
helps to keep it
going strong!

DON'T DRY UP - DRINK MORE WATER!!

- \bigstar Keep water cold in the fridge or drink water with ice
- ★ Try sugar free flavored or sparkling waters
- 숮 Add a slice of lemon or even mix in a little bit of your favorite juice
- 숮 Carry a water bottle around with you, for when you're on the go

Don't worry about finding bottled water water from the sink is fine!

breakfast foods?

breakfast foods?

Any healthy food can make a great breakfast.

a great breakfast.

Try a peanut butter

Try a peanut butter

and jelly sandwich and jelly sandwich for a change!

Breakfast start your engines!

Why is breakfast such a big deal?

When you wake up in the morning, your body hasn't had any food for a long time!

It's important to eat a healthy breakfast to give your body the fuel to get going.

Trying to run your body on an empty stomach is like trying to start a car without gas

— it just doesn't work! Skipping breakfast can give you a headache or make you sleepy.

No time for breakfast? Try these quick and easy ideas:



Bowl of cereal with cut up fruit Frozen pancake or waffle

> Tortilla & beans Scrambled egg & toast Bran muffin & yogurt

ON THE RUN

Whole wheat toast with peanut butter
Breakfast bar

Whole wheat bread or tortilla with cheese Hard-boiled egg

English muffin with turkey

String cheese, dried fruit and crackers or nuts

Wash it down with a glass of milk or orange juice!

★ Activity Page ★





Do you Always Sometimes Never

Eat breakfast?	2	1	0
Have milk, yogurt or cheese at least 3 times a day?	2	1	0
Eat fruits and vegetables at least 5 times a day?	2	1	0
Eat protein foods at least 2 times a day?	2	1	0
Drink no more than one soda or juice drink each day?	2	1	0
Eat junk foods (sweets, chips & fries) no more than once a day?	2	1	0
Eat fast food no more than 2 times a week?	2	1	0

11–14 points: Excellent

Great job! You are a healthy eater. Keep up the good work.

7-10 points: Good

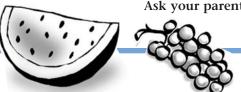
Good job! You are on the right track. Look at your answers and see where you could do even better.

4-6 points: Nice Try

Sometimes you eat well, but you can do better. Ask a grown-up to help you make some healthy changes.

0-3 points: Needs Work

You need some help to eat healthier foods. Ask your parent, school nurse, teacher, or doctor for help.



Peanuts

make a great

snack on the go!

They're full of

protein and

vitamin E!





Tired of hamburgers? Try a veggie burger!



Here are some books you and your family can find at the library or bookstore to learn more about nutrition and fitness!

- ★ Healthy Snacks and Fast Food Choices, by Mary Turck. ★ Food and Love: Dealing with
- ★ 101 Dance Games for children, by Paul Rooyackers.
- **★** Janice Vancleave's Food and Nutrition for Every Kid: Easy Activities that Make Learning Science Fun, by Janice Vancleave.
- Family Attitudes About Weight, by Elizabeth Frankenberger.







Michael, 12

I'm on the basketball team at school. I was getting tired all the time and having a hard time keeping up. At my sports physical, the nurse asked me what I was eating. I told her what I ate and she said that I might not be getting enough iron and protein. I used to have a doughnut for breakfast and chips, a coke and candy bar for lunch. I usually grab stuff around the kitchen for dinner because my mom has to work. The nurse said I should try a cereal that has iron for breakfast, and to try to

get protein at lunch and dinner. I started eating sandwiches for lunch and I asked my mom to fix a plate for me or buy some healthy frozen dinners that I can heat up when she's not around. After a few weeks, I could tell that I wasn't as tired. The nurse said I would start getting more muscle, too! Eating right helps me to be a better basketball player. michael

Grown Up Corner Be A Healthy Example

Kids copy the choices that are made around them. It's important to be a good example and help your kids make healthy choices. Here are some great ideas to make healthy living easier for your whole family!

You can help your kids to make better drink choices. Keep lots of healthy drinks like low-fat milk, water and sugar free flavored water on hand.

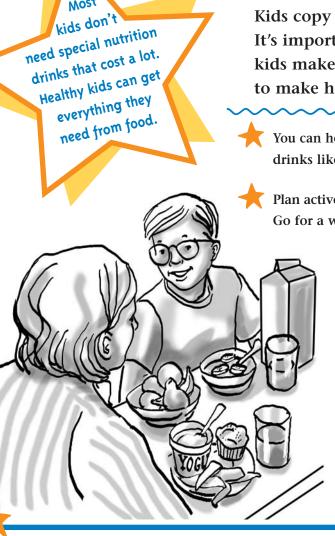
Plan active time together. Show your kids how fun it is to get exercise! Go for a walk or play a game outside!

Try to sit down together for meals as often as possible.

Limit TV and computer games (for the whole family) to no more than 2 hours a day.

Help your kids to make better snack choices. Keep cleaned fruits and vegetables, yogurt and low-fat popcorn on hand.

Teach your kids to eat healthy amounts by letting them serve themselves. Help them to start with small servings and to decide when they've had enough (even if there is still food on the plate).



























Healthy K.I.D.S.

VOLUME 1, NO. 4 * ENGLISH

Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to kids and the adults in their lives.

English and Spanish newsletters were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

> For additional information, contact: The Children's Health Fund 317 East 64th Street New York, NY 10021 www.childrenshealthfund.org

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Healthy K.I.D.S. Newsletter Knowledge Improving Diet and Strength

In this issue of Healthy K.1.D.S.:

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